



# August 2015 Tisbury COA Activities & Events

Tisbury Senior Center • 34 Pine Tree Road • 508-696-4205

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>SATURDAY</b> <b>August 1:</b> <b>No event.</b> <hr/> <b>SUNDAY</b> <b>August 2:</b> <b>No event</b>	<b>3</b> 9-11 Knitting & Conversation 10:30 Sit & Get Fit-BR 12 Noon Lunch 1-Duplicate Bridge	<b>4</b> 10-11 Emergency Food Pantry 10 BP Clinic- nurse 12 Noon Lunch Supportive Day Group in Tisbury	<b>5</b> 9-12N Play Readers 10:30 Sit & Fit Exercise 12 Noon Lunch 1-3 Ukulele Players	<b>6</b> 9 Tai Chi w/ Sifu Daisy 9-11 Painters Group 9-11 Watercolor lesson 12 Noon Lunch 4 Yoga w/ Carol On break. Back Sept.	<b>7</b> 10:30 Sit & Fit Exercise 12 Noon Lunch 1-4 Party Bridge Supportive Day Group	<b>8</b>
<b>9</b>	<b>10</b> 9-11 Knitting & Conversation 10:30 Sit & Get Fit-BR 12 Noon Lunch 1-Duplicate Bridge	<b>11</b> 12 Noon Lunch Supportive Day Group in Tisbury	<b>12</b> 9-12N Play Readers 9- Miracle Ear testing 10:30 Sit & Fit Exercise 12 Noon Lunch 1-3 Ukulele Players	<b>13 ★</b> 9 Tai Chi w/ Sifu Daisy 9-11 Painters Group 9-11 Watercolor lesson Nurse- by appt. only ☎ 12 Noon Lunch 4 Yoga w/ Carol On break. Back Sept.	<b>14</b> 10:30 Sit & Fit Exercise 12 Noon Lunch 1-4 Party Bridge 4- Special Event! <b>TCOA 'Friends' host</b> <b>French Travel Tea</b> Supportive Day Group	<b>15</b>  ← see back
<b>16</b>	<b>17</b> <b>8:30 Balance of Power</b> 9-11 Knitting 10:30 Sit & Get Fit 12 Noon Lunch 1-Diabetes Support 1-Duplicate Bridge	<b>18</b> 10-11 Emergency Food Pantry 12 Noon Lunch Supportive Day Group in Tisbury	<b>19</b> 9-12N Play Readers 10:30 Sit & Fit Exercise 12 Noon Lunch 1-3 Ukulele Players	<b>20</b> 9 Tai Chi w/ Sifu Daisy 9-11 Painters Group 9-11 Watercolor lesson 12 Noon Lunch 4 Yoga w/ Carol Aranzabe On break. Back Sept.	<b>21</b> 10:30 Sit & Fit Exercise 12 Noon Lunch 1-4 Party Bridge Supportive Day Group in Tisbury	<b>22</b>
<b>23</b>	<b>24</b> 9-11 Knitting & Conversation 10:30 Sit & Get Fit 12 Noon Lunch 1-Duplicate Bridge	<b>25</b> 12 Noon Lunch Supportive Day Group in Tisbury	<b>26</b> 9-12N Play Readers 10:30 Sit & Fit Exercise 12 Noon Lunch 1-3 Ukulele Players	<b>27 ★</b> 9 Tai Chi w/ Sifu Daisy 9-11 Painters Group 9-11 Watercolor lesson 12 Noon Lunch 4 Yoga w/ Carol Aranzabe On break. Back Sept.	<b>28</b> 10:30 Sit & Fit Exercise 12 Noon Lunch 1-4 Party Bridge Supportive Day Group in Tisbury	<b>29</b>
<b>30</b>	<b>31</b> 9-11 Knitting & Conversation 10:30 Sit & Get Fit 12 Noon Lunch 1-Duplicate Bridge		Serving the <u>H</u> ealth → <u>I</u> nsurance <u>N</u> eeds of <u>E</u> veryone	★ ★ ★ ★ <b>Please Note:</b> <b>S.H.I.N.E.</b> (see back) Appointments: August 13, 12-4 August 27, 12-4	<b>Special Events</b> <b>Support Services</b> <b>listed on back</b>	

## **Services & Supports at TCOA**

### **FREE/ Tisbury Town Nurse Health & Blood Pressure Clinic**

1st Tuesday every month– 10-11 am

**FREE/ Town Nurse by appt.** An opportunity for questions or concerns about your health.

2nd Thursday every month– 9-11 am. By appt. Call 508-957-7423, M-F, 8:30-4:30, Laura Murphy, RN

### **FREE Quarterly Hearing Tests** *from Miracle Ear*

Get your hearing tested at the TCOA. Call Miracle Ear for an appointment- 508-457-9285. Next TCOA appts: August 12, 9-11:30am

### **Diabetes Support Group**

3rd Mondays, 1 pm– 3rd - No meeting in August

### **S.H.I.N.E.** – Serving the Health Insurance Needs of Everyone

SHINE counselor Sheila Curtis can help you with the many options available to you for health insurance and in working with the open enrollment periods (which may not affect retiree coverage). Find the best plan for your needs. Call us for an appointment: 508-696-4205

### **Emergency Food Pantry**

1st & 3rd Tuesdays monthly. 10 am

**Lunch** every day at Noon at the Center. Call 48 hours in advance since food is cooked to order. \$2 suggested donation. Complete meal. Call 508-693-8337 to reserve. Menus are available at the center.

**Elder Law Attorney** Tom Kosman. FREE appts. Call to schedule: 508-696-4205. Next Appts at TCOA: November 2

**Reassurance Calls-** For seniors who would like the comfort and reassurance of a daily telephone call to their home.

### **SPECIAL EVENTS in August:**



**Friday, August 14 - 4:00 Tea Time- *Experience the Beauty of Normandy: Brittany, Versailles and Paris!*** The Friends of the TCOA invite you to a summer break! Relax and be swept away by the beauty of France through a visually beautiful and inspiring travelogue presented by Bruce Doten, who has spent 30 years guiding summer and winter groups in France. Enjoy the local music, refreshments and history Please bring your friends and family for an illuminating hour of fun!. If you have questions, or to RSVP, please call 508-696-4205. (There is no charge. We would love to have you attend! The RSVP is for general set up planning. Invite your friends! ☺

**Monday, August 17, 8:30 am- *Balance of Power w/ Ray Whittaker.*** 8:30 am. \$10/class. Call to register. Learn techniques to maintain your balance, strengthen your legs and core, and build your confidence with “flow not fear”.

**Coming in September!**- Paula Martin talks about How to Organize Your Home by getting rid of clutter! Details next 55+/Calendar

